



## University Avenue Discovery Center

### Menu for the week of: Sept 19 - 23 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cheerios Bananas Milk	English Muffins w/SunButter Apples Milk	Cream of Rice Cereal Blueberries Milk	Bagels w/ cream cheese & jelly Oranges Milk	Pancakes Berries Milk
<b>LUNCH</b>	Fish Sandwich or Boca Burger Broccoli Apples Milk	Cheese Ravioli Garlic Bread Coleslaw Oranges Milk	Stuffed Meatloaf Mashed Potatoes Tropical Fruit Spaghetti Squash Milk	Chicken or Veggie Egg Rolls Basmati Rice Pilaf Caprese Salad Pineapple Milk	Spaghetti & Meatballs or Vegan Meatballs Garden Salad Apples Milk
<b>Snack</b>	WG Ritz Crackers Apples	WG Cinnamon Scooby-doo crackers Bananas	String Cheese WG Pretzels	WG Cheez-its Apples	WG Tortilla Chips Salsa
<p><b>*Menus are subject to change</b></p> <p><b>*WG=Whole Grain / GF=Gluten Free</b></p> <p><b>*1% unflavored milk is required for children ages 2 +</b></p>				<div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>Vegetarian substitutes are provided on meal days:</p> <ul style="list-style-type: none"> <li>• Hard boiled eggs</li> <li>• Cheese</li> <li>• Grilled cheese</li> <li>• Bean and cheese quesadilla</li> <li>• Sunbutter/jelly sandwich</li> <li>• Plain yogurt</li> </ul> </div>	